

Scott Spouses Newsletter

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VFW and Vermont American Team Up to Help Military Families

Kansas City, MO, June 9, 2004—

Thousands of families across the United States face uncertainty on a daily basis when a loved one is serving in the military. The hardship increases when that absence causes financial challenges for the spouses and children at home.

Vermont American Brand Power Tool Accessories and the Veterans of Foreign Wars have teamed up through the VFW Foundation to address the problem through the Unmet Needs Program. The program will help meet unanticipated demands on military members' families that can't be remedied in a timely and effective manner through existing means. Vermont American has announced that it is donating \$1.25 million to the program over five years. Each purchase of Vermont American branded products helps to make this possible.

"With the help of corporate sponsors like Vermont American, the VFW and its Foundation will be able to help so many more of our young servicemen and women and their dependents," said John Senk, VFW adjutant general. "Helping them resolve the 'unexpected' need will do much to provide our service members with the security of

knowing that their families have additional support here at home."

Senk said needs might range from rent and mortgage assistance to childcare and groceries. Once the military family completes the initial application, the VFW Foundation will contact the family, and then an Unmet Needs Program representative will personally review the need and process the application. If the application is approved, funds will be immediately sent to the family.

For those families in need, the VFW Foundation provides several easy ways to apply for help. Online applications and downloadable forms are available at Unmet Needs website at <http://www.unmetneeds.com>. For phone assistance, call the VFW Foundation at 1-866-789-NEED (1-866-789-6333).

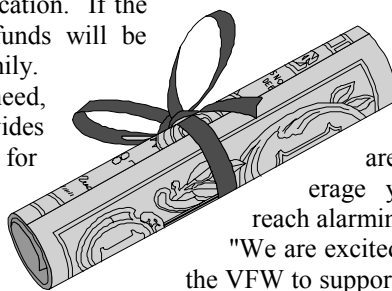
Individuals wishing to donate to the program can donate online at Unmet Needs website. Contributions also can be mailed to the Unmet Needs Program, VFW Foundation, 406 West 34th Street, Room 514, Kansas City, Mo., 64111.

Since 2003, the Veterans of Foreign Wars, through the VFW Foundation, has provided millions of dollars of support to

Americans serving in harm's way. As the risk continues abroad and here at home, financial demands on the families of those serving continue to grow.

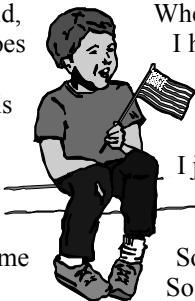
According to the Department of Defense, the country has more than 700,000 military spouses across the services—93 percent of them women. Nearly half of those are married to enlisted members who make less than \$20,000 a year in basic pay. When Reservists are included, these average yearly pay amounts reach alarming lows.

"We are excited about working with the VFW to support our military personnel and their families," said Frank Honold, president and general manager of the Accessories Business Unit, including the Vermont American Brand of accessories, at Robert Bosch Tool Corporation. "The Unmet Needs Program makes it easy for anyone to participate in the creation of the funds, whether by purchase of product, electronic donations on the web, or via mail, that will help to make life a bit easier for our military families."



I Serve Too, I'm a Military Child *by Kiara, 6th Grade, Belle Chasse Academy, Louisiana*

I serve too, I'm a military child,
I stay strong when my dad goes
away.
If there is a war and my dad is
detached,
I will help him fight back.
With my braveness and
courage I can stay strong,
My family's support helps me
carry on.



Whenever we move, I start over again,
I have to go to a new school, and make
new friends.
Even though people think I'm a
military brat,
I just don't quite see it like that.
My daddy helps defend our country,
So we can live in peace and harmony.
So all the military children help their

mothers and fathers
Because we serve too, we're their sons
and daughters.

From the Military Child Education Coalition handbook "How to Prepare Our Children and Stay Involved in Their Education During Deployment," available at http://www.militarychild.org/pdf_files/deploymenttr2.pdf.

Shades of Green Reopens Disney World Doors to Military Families

More military members and their families can exclaim "I'm going to Disney World," thanks to the recent expansion of the Shades of Green Armed Forces Recreation Center on Walt Disney World Resort.

Guest speakers at the grand opening included Charles Abell, principal deputy undersecretary of defense for personnel and readiness. During his remarks, Abell said the resort provides much-needed respite from the rigors of military duty, and mentioned how Shades of Green makes the Central Florida vacation experience affordable.

"The majority...tell us that were it not for the Shades of Green, they would not have been able to vacation here in America's premiere vacation destination," Abell said.

With the expansion, the Shades of Green has more than doubled in size with the addition of 299 rooms to the previous 287, plus a 500-seat ballroom, two new restaurants, and a second

heated swimming pool. The upgraded complex also better accommodates buses that shuttle guests around Disney's property, separate from the flow of traffic near the hotel's check-in area.

Shades of Green is adjacent to Disney's Palm Golf Course, home of the PGA Tour's FUNAI Classic, and just outside the gates of Mickey Mouse's famous house. Another one of Disney's five championship 18-hole golf courses and a nine-hole executive layout are within walking distance.

The hotel features two lighted tennis courts, hot tub, children's pool and play area, lounge and sports bar, banquet accommodations, gift shops, video arcade, laundry facilities, fitness center and automated teller machines.

Guests are provided transportation to all Walt Disney World attractions and early entry into select venues inside the Magic Kingdom. Epcot, Disney-MGM Studios and Disney's Animal Kingdom Theme Park are just minutes away.

Self-supporting and operated with non-appropriated funds, Shades of Green is reserved for active duty and retired members of the uniformed services, Reserves and National Guard, as well as active and retired DoD civilians and their families.

Affordability, a term often lost on visitors to Disney World, is the main attraction to Shades of Green. Room rates are based on rank and range from \$70-\$225 per night for a standard room and \$82-\$119 for a poolside room.

For room reservations at Shades of Green, call 888-593-2242 or fax to 407-824-3665. The hotel's direct number is 407-824-3400 and fax is 407-824-3460. An online reservation system is coming soon.

Reservations are accepted up to one year in advance. Six to eight months in advance traditionally is required to secure a room. Holidays and long weekends tend to get booked a full year in advance.

Ask the Health and Wellness Center (HAWC)

Q: Should people with darker skin pigmentation be concerned with using sunscreen during summer months?

A: Absolutely! As a matter of fact, it is extremely important for everyone—regardless of their skin color, ethnic background or race—to protect themselves from harmful UV rays, especially during the hot summer months. Sunscreens work great by absorbing, reflecting and scattering the sun's rays off the skin's surface. Sunscreen is available over the counter in most stores and is available in many forms, including ointments, creams, gels, lotions and wax sticks. All are labeled with SPF numbers. The higher the SPF, the greater the protection from sunburn caused mostly by harmful UVB rays. Sunscreens should be applied 20 minutes before going outdoors. Water resistant sunscreens should be reapplied often or at a minimum every two hours, after swimming or performing strenuous activities. Along with using sunscreen



protection the American Academy Of Dermatology recommends that you avoid deliberate sunbathing, wear a wide brimmed hat, sunglasses and protective clothing as well—even on cloudy days. For active duty members who elect to spend too much time in the sun, which may cause sunburns, be reminded that this choice could result in administrative action under Article 108 of the UCMJ, destruction

to government property. The only thing that should be burning this summer is the charcoal in your backyard grill. Thanks for the great questions; keep them coming! Let's have a safe, burn-free summer.

Q: Why is it important to wear the right running shoe?

A: The human foot is a biological masterpiece made up of more than 185 parts, including 26 bones, 33 joints, 19 muscles, and 107 ligaments. Multiply that by two and the potential for an injury becomes clear. On a 1.5 mile run

your feet absorb 150 tons of force. Protecting your feet is a must. For more information call the HAWC at 256-7139 and sign up for one of our Running Clinics. Classes offered monthly.

Q: Is swimming good exercise?

A: Absolutely. Swimming is one of the best forms of exercise as it promotes strength, stamina and mobility, and improves cardiovascular fitness. To make the most of your swimming workout, try varying your strokes. To burn as many calories as possible, ensure that you swim intensely and raise your heart rate.

Exercising in the water is actually safer than working out on land because water supports your weight and doesn't strain your back or knees no matter how hard or gently you work. For this reason, it's great for rehab as well as for elderly or pregnant women. Water workouts also provide great cardiovascular exercise, and they are certainly not as easy as they look—you can burn up to 300 calories per session.

For more fitness information please call the HAWC at 256-7139.

U.S. Air Force Eagle Eyes: The First Line of Defense

No matter how well trained and vigilant, law enforcement officials simply cannot be everywhere. Your eyes and ears—and those of your friends and family—can be of enormous help in preventing terrorism. After all, you know best what activities do—or do not—belong in and around your base, neighborhood, and community.

To enlist your help in preventing terrorism, the Air Force Office of Special Investigations created and manages the Eagle Eyes program. Eagle Eyes puts you on the anti-terrorism team by providing the information you need to recognize and report suspicious behavior.



Your inputs—which you can submit 24 hours a day—are immediately shared with appropriate law enforcement agencies and military commanders for rapid assessment and investigation as necessary.

You and your family are encouraged to stay alert to your surroundings, whether on base or off, at home or elsewhere. Be on the lookout for suspicious activities such as:

- Surveillance—Someone recording or monitoring activities, including the use of cameras (both still and video), note taking, drawing diagrams, writing on maps, or using binoculars or any other vision-enhancing device.
- Elicitation—Anyone or any organization attempting to gain information by mail, fax, telephone, or in person about military operations or people.
- Tests of Security—Any attempts to measure reaction times to security breaches or to penetrate physical security barriers or procedures.
- Acquiring Supplies—Purchasing or stealing explosives, weapons, ammunition, uniforms, decals, flight

manuals, passes or badges (or the equipment to manufacture them), or any other controlled items.

- Suspicious Persons Out of Place—People who don't seem to belong in the workplace, neighborhood, business establishment, or anywhere else. This also includes suspicious border crossings, stowaways aboard ship, or people jumping ship in port.
- Dry Run—Putting People into position and moving them about without actually committing a terrorist act such as a kidnapping or bombing. An element of this activity could also include mapping out routes and determining the timing of traffic lights and flow.
- Deploying Assets—People and supplies getting into position to commit the act. This is the last opportunity to alert authorities before the terrorism occurs.

If you observe any suspicious activities at any time of the day or night, call (618) 256-2223. Once you make the call, your local security forces desk will alert the Office of Special Investigations immediately.

Gifts From the Homefront Certificates

Support your troops and lift their spirits by sending them a special "Gifts From the Homefront" certificate. It's a great way to support our deployed American men and women in the military.

AAFES currently has 34 stores located throughout the SW Asian theater in support of Operation Iraqi Freedom. CertifiChecks can be redeemed at these facilities to purchase such items as health and beauty items, soft drinks, candy, snack items, pre-paid calling cards, music, DVD players and much more. And, once the fighting ends, AAFES will follow our service members north and set up facilities to support them in those new locations as well.

One of the most uplifting things, besides returning home, is receiving some-

thing from friends, family or loved ones. It makes all the difference to a troop's morale. Perfect for birthdays, promotions, anniversaries, or just for saying you're in my thoughts, "Gifts From the Homefront" significantly increases the morale and welfare of military personnel and their families. Nothing warms the heart of loved ones serving away from home more than receiving a gift that shows you care.

Whether they're serving at home or around the world, "Gifts From the Homefront" are easy to send and make a lasting impression on service-members and their fami-

lies everywhere!

For more than 108 years, the Army and Air Force Exchange Service has provided quality merchandise and services at uniformly low prices to active duty military, Guard and Reserve members, retirees and family members around the world. "Gifts From the Homefront" certificates are redeemable at any BX/PX store, the Exchange Catalog or the Exchange Online Store by authorized exchange customers.

To purchase a CertifiCheck, go to your local Base/Post

Exchange or visit <http://www.certifichecks.com> online.



Back to School Physicals 7 August

Children need a school physical if they will be new students in a school district attending Kindergarten, 5th grade, or 9th grade in Fall 2004. Parents with children in daycare should make sure their children are up to date with shots and are in compliance with daycare policies.

Sports physicals are required for any children who will participate in a school sport. The sports physical must be accomplished before the activity begins.

Please call the clinic to which your child is empanelled to schedule an appointment: Base hospital, 256-9355 or St. Elizabeth's, 256-7311.

Family Cardio Room Now Open



A Family Cardio Room in the James Sports and Fitness Complex is now open! The ATWIND base winnings from 2002 helped finance this new Family Cardio Room.

The room is offered as a convenience for base personnel who have children ages 5 to 10. Adults can work out while watching their children play on the jungle gym. For more information, please call the James Sports and Fitness Complex at 256-4524.

Free Parenting Classes Available

Learn how to effectively discipline and enhance the relationship with your children using natural & logical consequences, effective praise, preventive teaching, corrective teaching, and teaching your child self-control skills. This video-based class will be offered on six consecutive Wednesdays, 18 August-22 September, from 11:15-1:15. Participants must attend all sessions. Please call the Family Advocacy Clinic at 256-7203 to register or for more information.

Helpful Websites



Air Force Housing Townhall

<https://www.airforcehousing.hq.af.mil/>

This site is dedicated to assisting Air Force personnel and their dependents, Air Force Base Housing Office Personnel, and Engineering and Design professionals find the Air Force Housing information they need to facilitate a successful Air Force Housing relationship.

The *Information for Current and Prospective Residents* section is primarily for the tenant or prospective tenant of Air Force Housing. It includes links to all base housing offices, basic allowance for housing (BAH) forms along with a BAH calculator, housing application forms and housing waiting lists, as well as frequently asked questions (FAQs).

Air Force One Source

<http://www.airforceonesource.com>, or call 1-800-707-5784

Air Force One Source, brought to you by Air Force Family Support Centers and other base helping agencies, is designed to help you deal with life's issues. Consultants are available 24 hours a day, 7 days a week, 365 days a year. You can call in and speak to a master's level consultant or you can go online to access information or e-mail a consultant. Log on today to access information such as:

- Online articles, worksheets, and suggested reading lists
- Educational materials: booklets, CDs, and audiotapes (at no cost to you)
- Locators (summer camp, child care, etc.)
- Interactive tools, and much more!

Log on initially with the User ID: *airforce* and Password: *ready*. After a series of simple questions (branch of service, base location, etc.) you will be given the opportunity to choose a unique ID and password for future visits.

Expeditionary Family Event Calendar for August 2004

Date	Event & Time	Location	Phone
3	Summer Reading Family Awards Night	Library	256-5100
6	ATWIND Picnic, 1100-1500	Pavilion near Teen Center/ALS	256-3766
11	Town Hall Meeting/Children's Deployment Line, 1700	Rockwell Hall	256-8668
13	Give Parents a Break, 1800-2200	Child Development Center & Youth Center	256-8668
15	Scott Children's Concert, 1830	Parade Field	256-4821
19	Gazebo Cookout (reunion), 1130-1230	Family Support Center	256-8668
19	Key Spouse Meeting, 1800	Family Support Center	256-8668

Note: Events in bold are specifically Expeditionary Family Events

This newsletter is a product of the Scott AFB Integrated Delivery System (IDS) Team.

Find more helpful information on our website at <http://public.scott.amc.af.mil/375aw/ids/idscareteam/>.